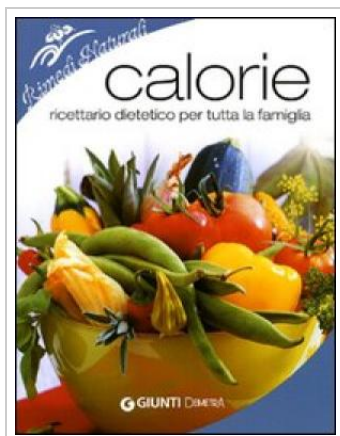




Calorie. Ricettario dietetico per tutta la famiglia

By Bonamini, Isabella

Demetra Edizioni, 2009. Condition: new. Colognola ai Colli, 2009; br., pp. 128, ill. (Rimedi Naturali). I principi alimentari e le buone norme dietetiche, la composizione chimica e il valore energetico degli alimenti, il peso ideale, il calcolo delle calorie e tantissime ricette della buona cucina italiana: una guida semplice, completa e indispensabile per nutrirsi in modo sano, equilibrato e senza rinunce.



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